

Mat-Su Monitor

SUMMER 2021

VOLUME 44 NUMBER 5



Vivian Wirtanen enjoying a spring day on the Butte
Photo by Mayrhi Sundberg

The Ultimate Alaskan Summer Bucket List

By Mayrhi Sundberg

Summer in Alaska is a short-lived, bustling season of outdoor adventures. For Alaskans who have endured another long, dark winter, the sunny and warm weather is a season of constant activity. Alaska has a multitude of outdoor activities, charming towns, and exciting places to explore. Last summer, due to the pandemic, us Alaskans had the unique opportunity to enjoy the Alaskan outdoors to ourselves. For years tourists crowded our towns and recreational areas, and tour busses clogged the road system. The tourism industry is a vital source of income for



Photo by Mariah Elliot

our economy. But a typical non-COVID Alaskan summer takes

in almost two million non-residents between May and September. According to a report done by the McDowell Group for the State of Alaska Department of Commerce, the tourist season of 2017 saw an estimated 1,926,300 out-of-state visitors. The most recently reported population of Alaskan residents is 731,545. That's 2.6 tourists for every Alaskan during a typical summer. Because COVID-19 restricts travel in other parts of the world, Alaskans still have the chance to enjoy an amazing Alaskan summer before the crowds come back.

Even though we had the vast and empty state of Alaska to ourselves last summer, lockdowns prohibited many businesses and events

See BUCKET LIST page 5

Foraging for Fireweed

By Rachel Goodall

We all enjoy fireweed in the Alaskan summer. They have such beautiful, tall fuchsia colored flowers. In the spring the sprouts shoot out of the ground along roadsides, forest edges, clear cut areas, and in the open fields. These early shoots are very tasty. They are often called the asparagus of the North. You can eat them raw or lightly sautéed. You can also put them in olive oil and use them in stir-fry or salads. They are a great source vitamins C and A. Picking the shoot will not damage the plant. I enjoy these every spring. Happy foraging!



The Monitor Thanks...

The 2020-2021 *Mat-Su Monitor* crew had lots of help from family and friends. In addition, many helpful people on campus and in the community lightened our load. Here is an incomplete, unordered list of people we'd like to thank:

Maggie Boman for quickly and kindly handling our paperwork.

Mat-Su College Student Government council for its support.

Shira Crowell for confirming our room reservations.

Pete Praetorius, former *Monitor* advisor, for continued support and

advice and for talking us up to his students.

Paul Younack, the campus's night janitor, for sharing ideas and catching more than a few typos.

Petra Albecker and Ryan Sleight at the *Frontiersman* for always being kind and patient as we struggle to meet deadlines.

Scott Taylor and Ted Kincaid for handling our web presence.

Our advertisers -- please check them all out! They've been a joy to work with and have supported us for many years.

Every student who submitted a serious, non-vulgar *Ask Sophia* question, as

well as those students who took part in our contests or in our Word on the Street series.

All the community sites that let us distribute the Monitor

And everyone else who made it possible to carry on a student club during a pandemic

One Final Address

By Arin Tampke, Student Government President

Greetings Arctic Dragons! The time has come in which I say goodbye. While this year has not been like I wanted, it was still a pleasure to serve as MSCSGC president. In a normal year, I would have been in the office everyday, looking forward to interacting with you all. We would have had snacks to share, chairs for sitting, and open arms to our fellow students. But with COVID-19 we as a student body have been pulled apart as a community. But alas, this is not an article about that. This is about me telling you about student government as I came to know it.



Arin Tampke Student Body President

See PRESIDENT TAMPKE page 3

Upcoming events:

May 3: Financial Aid Workshop, 10-11 AM. Online and open to current and prospective students. See matsu.alaska.edu/calendar for details.

May 5: Financial Aid Workshop, 1-2 PM. Online and open to current and prospective students. See matsu.alaska.edu/calendar for details.

May 6: Spring 2021 grades available in UAOnline.

May 7: MSC Commencement.

May 7: Financial Aid Workshop, 3-4 PM. Online and open to current and prospective students. See matsu.alaska.edu/calendar for details.

May 17 - June 21: First 5-week summer session.

May 17 - July 31: 10-week summer session.

May 18: Financial Aid Workshop, 3-4 PM. Online and open to current and prospective students. See matsu.alaska.edu/calendar for details.

May 20: Financial Aid Workshop, 1-2 PM. Online and open to current and prospective students. See matsu.alaska.edu/calendar for details.

May 31: Campus closed.

June 24 - July 31: Second 5-week summer session.

July 5-6: Campus closed.

July 23: Summer graduation application deadline.

August 5: Grades available in UAOnline.

August 23: Fall semester begins.

September 3: 5 PM deadline to add or drop a class.

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You can contact the your student government at:
Online: <https://matsu.alaska.edu/offices/student-government/>
Email: uaa_mscstudentgov@alaska.edu
Phone: (907)-745-9759
Office: JKB 114 hours vary

MONEY FOR COLLEGE

Scholarships for education in health and human services are now available for Mat-Su residents.



APPLY BEFORE MARCH 31

healthymatsu.org



Mat-Su College Library Receives Large Video Donation

By Spencer Kemp

Thanks to a generous donation, the Mat-Su College Library will add more than 500 titles to its collection of thousands of popular and academic videos. Better still, because many of the donated items are TV shows or box sets, the 500-plus titles amount to thousands of individual discs.



Donated titles include:

- many seasons of Mad Men
- the entire series of Millennium
- many seasons of NCIS
- the entire series of The Shield
- the entire series of Star Trek: Voyager

UA students can check out the donated materials—and much more, including library mainstays like books—simply by visiting the library. Public patrons can do the same once COVID restrictions are lifted, but for now are encouraged to use the holds

system to have items of interest delivered to their local public libraries.

For the donation Mat-Su College library thanks the family of the late Vicky Kaye, long-time patron, supporter of the library, and friend of the staff.

Mac and Cheese Recipe

By Flora Burgstahler

Ingredients

- ½ lb pasta (any kind)
- 3 tablespoons butter
- 2 tablespoon all purpose flour
- ½ teaspoon onion powder
- ¼ teaspoon garlic powder
- Salt and pepper to your taste
- 1 ½ cup milk of your choice
- ¾ cup half and half
- ½ cup Parmesan cheese
- 3 cups shredded cheddar cheese

Instructions™

Cook the macaroni according to package instructions. When done, drain and set aside.

Melt butter in a medium saucepan over medium heat blend in the flour and seasonings.

Slowly add the milk and half-and-half stirring constantly and cook on medium-low heat for a few minutes until the mixture is just barely thickened. Remove from heat and stir in

2 cups of shredded cheddar cheese and all Parmesan cheese. Stir until just melted. Add cooked macaroni noodles and toss to coat. Add remaining cheese.

Inspired by Tastes Better from Scratch (<https://tastesbetterfromscratch.com/>)

Meet Dr. Rachel Graham Head of the Math Department!

By Morgan Groendyke

I had the honor to meet with Rachel Graham who has worked with the Math Faculty for 8 years now at Matsu College and happens to be the only full-time faculty member [for the moment --editor]. She has been teaching for 16 years total. Dr. Graham has an Associate's degree in Accounting, a bachelor's degree in Applied Mathematics, a master's degree in Statistics, then for her PhD she double majored in both Human Computer Interaction, and Math Education. She teaches everything from basic math classes to all the calculus sequence, and statistics.

Before she fell in love with Alaska, she lived in Iowa. She says she was meant for Alaska and all that it offers. She plans on staying here for the rest of her life, enjoying the outdoors, the cold winters, the snow, the sunshine, flowers, and gardening. Some of her hobbies include video games, movies, board games, reading, and crafting. She loves knitting, crocheting, and scrap-booking.

Dr. Graham is very passionate about teaching others how to understand math. She says one of the biggest things she does for the community everyday is trying to break down the barriers associated with math. She does some awesome explicit community work as well. She's the Faculty Advisor for the math club and they do four different events every year. In the Fall, they do a bake



Dr. Rachel Graham Head of the Mat-Su College Math Department

sale and a fundraiser for the Veteran Center in Wasilla. In the Winter they do a food drive for the Food Bank. In the Springtime, they have two activities, and both are for MyHouse, the local teen shelter in Wasilla. In February they host a "Needs Drive", then in April they do a bake sale and a "Pie Day" where students can pay \$1 to throw a plate of whip cream at Professors who volunteer.

See DR. GRAHAM page 10



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alumni!

 Handshake

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1

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3

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educational institution and
prohibits illegal
discrimination against any
individual.

My Mental Health: Do I need Help?

First, determine how much your symptoms interfere with your daily life.

Do I have mild symptoms that have
lasted for less than 2 weeks?
Feeling a little down
Feeling down, but still able to do
job, schoolwork, or housework
Some trouble sleeping
Feeling down, but still able to take care
of yourself or take care of others

If so, here are some self-care activities that can help:

Exercising (e.g., aerobics, yoga)
Engaging in social contact
(virtual or in person)
Getting adequate sleep on
a regular schedule
Eating Healthy
Talking to a trusted friend
or family member
Practicing meditation, relaxation,
and mindfulness
If the symptom above do not improve
or seem to be worsening despite self-
care efforts, talk to your health care
provider.

Do I have severe symptoms that have lasted 2 weeks or more?

Difficulty sleeping
Appetite changes that result in
unwanted weight changes
Struggling to get out of bed in the
morning because of mood
Difficulty concentrating
Loss of interest in things you
usually find enjoyable
Unable to perform usual daily func-
tions and responsibilities
Thoughts of death or self-harm

Seek professional help:

Psychotherapy (talk-therapy)—virtual or
in person; individual, group or family
Medications
Brain stimulation therapies
For help finding treatment, visit
www.nimh.nih.gov/findhelp.
If you are in a crisis, call the National
Suicide Prevention Lifeline at 1-800-
273-TALK (8255), or text the Crisis
Text Line (text HELLO to 741741).

The *Mat-Su Monitor* is the student newspaper of Mat-Su College. The *Monitor* aims to report college news and serve as a forum for student writing. The *Monitor* seeks submissions of news, editorials, and short fiction from all students, staff, and faculty of Mat-Su College. All students are invited to attend the *Monitor's*

weekly meetings. Details on participating in or submitting content to the *Monitor* can be found at <https://matsu.alaska.edu/offices/student-government/student-clubs/mat-su-monitor.cshtml>.

The Mat-Su Monitor is funded by the Mat-Su College Student Government Association and our advertisers. For informa-

tion on advertising in the *Monitor* contact Micah Muer at mwmuer@alaska.edu or 907-745-9758.

The opinions expressed the *Monitor* article are solely those of its authors. They do not necessarily reflect the opinions or policy of the college, its students and employees, or the wider University of Alaska system.

Scholarships!!!

We are pleased to announce a newly updated Mat-Su College Scholarship web page! Our goal with this page is to provide our students with the most comprehensive, accurate and up-to-date scholarship information available.

Our updated scholarship list is the culmination of several months of research and collaboration, it is important to us to be able to provide our students with as many funding opportunities as possible. We always endeavor to provide the smoothest financial aid journey we can here at Mat-Su College!

Among the changes are new categories that make it easier to find certain scholarships. We have also eliminated old drop-down menus which made some information hard to find, so now all the information is easy to see, including the requirements, application due dates and specific application links.

Come visit our new page so you don't miss out on any potential funding!
<https://matsu.alaska.edu/offices/student-services/financial-aid/scholarships.cshtml>

President Tampke *continued from page 1*

The summer of 2019 was my first semester of college. I did not know anyone here, and I certainly didn't think I would be joining any clubs. One day, I was sitting outside of Student Services when a girl approached me. She introduced herself as Angeli Kristovich, the current president of student government. She was all smiles and very welcoming. Angeli asked me if I would be interested in volunteering for working the college fair booth since there were not many people from Mat-Su who wanted to sign up. I told her I would be glad to do it since I always enjoyed going to the college booth when I was a child. Doing this act of community service and seeing the children excited about the booth (It could have been for the prizes or candy though) made me feel a sense of pride.

After the fair Angeli asked me if I would like to join student government as a senator. I would have to attend some meetings and get signatures before it would be official, but it seemed like it would be worth it. Little did I know it would be the start of a great college experience filled with friendship. Over the course of fall 2019 we as a student government put on many events like dances, movie nights, and providing snacks during finals. During these events I had the chance to meet new people and see how our little mixed college family mingled and celebrated together. Spring 2020 started with a bang when we did our Valentine's dance but quickly plummeted when the campus closed due to COVID-19. While not meeting in person, we continued to meet online and make choices to help our students. The end of spring 2020 we voted and approved funds to get graduation gifts

for the students since there would be no physical graduation ceremony. While the process was tedious, the payoff was great when the students received their boxes of goodies.

By fall of 2020 I ran for president and won. Yet COVID-19 had no end in sight. With Zoom, we continued to meet and work on keeping clubs and student government alive. This however has been challenging, and I will admit I wanted to quit a few times, but I pushed through for the students in the hope we could do something for you. As fall turned to spring it became apparent that we needed to get graduation gifts planned since there would not be a physical graduation this year as well. We set out to do it, and succeed we did. While I feel like I did not do enough, I know everyone was supportive, and we did our best.

All in all, I just want to say... it has been worth it. As with many things, there have been ups and downs. However, with peers and staff we still managed to make magic happen despite all the challenges there was. As these final weeks pass and I graduate and leave you all behind I just wanted to say something.

Thank you.

Thanks for the memories I have accumulated as your president, senator, and peer. Thank you for being there, even if you have said nothing. Thanks for listening and reading these things when I write them. I hope you all have a wonderful summer and that fall semester is filled with experiences for all of you.

Boldly go Arctic Dragons!
Space is but the final frontier.

MAT-SU MONITOR STAFF

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Arin Tampke	Angeli Kristovich	Mariah Elliot
	Ryan McCrossin	Mayrhi Sundberg

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Flora Burgstahler	Adelina Rodriguez	Audrey Badger
Mariah Elliot	Mayrhi Sundberg	
	Arin Tampke	Mord Muer

04 FALL SCHEDULE

ACCOUNTING

Income Tax Preparation
Introduction to Computerized Accounting
Principles of Financial Accounting
Principles of Financial Accounting I
Principles of Financial Accounting II

ANTHROPOLOGY

*Alaska Native Cultures
*Alaska Native Cultures
*Emergence of Complex Societies
*Intro to Anthropology

ART

*Art Appreciation
*History of Western Art I
Beginning Drawing
Beginning Painting
Beginning Stained Glass
Beginning Watercolor
Color Design
Introduction to Art Education
Two-Dimensional Design

BUSINESS ADMINISTRATION

*Business Foundations
Business Law I
Intro Stats-Bus & Econ
Introduction to Real Estate Management
Marketing Practices
Personal Selling
Survey of Finance

BIOLOGY

*Human Anatomy & Physiology
*Introductory Biology
*Introductory Biology Lab
Introductory Microbiology
for Health Sciences
Introductory Microbiology
for Health Sciences Lab

CHEMISTRY

Chemistry Skills & Problem Solving
*Intro to General Chemistry
*Intro to General Chemistry Lab
COMMUNICATION
*Fund Oral Communication
*Public Speaking

COMPUTER & ELECTRONIC TECH

Administering and Supporting
Industry Network Infrastructure
CCNA 1
CCNA 3
CISCO CyberOps Associate
Customer Service Fundamentals
Individual Technical Project
Industry PC Configuration Essentials
Industry Workplace Experience
IT Project Management
PC Operating Systems
PC Technician Fundamentals

ECONOMICS

*Prin of Macroeconomics

EMERGENCY SERVICES

Clinical Rotation I
Emergency Med Tech I
Paramedicine I
Paramedic Internship

ENGLISH

Intro to Creative Writing

GEOLOGY

*Physical Geography
*Physical Geology Lab

HEALTH CARE ASSISTING

Certified Nurse Aide

HISTORY

*East Asian Civil I
*History of Alaska
*History of U.S. I
*History of U.S. II
*Western Civilization I
*Western Civilization II
The Second World War

HEALTH SCIENCES

Core Concepts in Health Sciences

HUMAN SERVICES

Counseling in Human Services
History & Systems of HUMS
Human Services Practicum I
Understanding Organization

INFO SYS & DECISION SCIENCES

Computer Concepts in Business

JUSTICE

*Intro to Criminal Justice
*Theories of Crime and Offending

LANGUAGES

*Elementary ASL I
*Elementary Japanese I
*Elementary Spanish I
*Elementary French I
*Elementary Spanish II

LOGISTICS

Logistics, Information Systems
and Customer Service

MATHEMATICS & STATISTICS

*Calculus I
*Calculus II
*Calculus III
*Elementary Statistics
Intermediate Algebra
Ordinary Differential Equations

MEDICAL ASSISTING

Medical Terminology
Essentials of Human Disease
Your Health & Social Services Career

MUSIC

*Music Appreciation

PHILOSOPHY

*Introduction to Logic
*Introduction to Philosophy
*Early Modern Philosophy
*Ancient & Medieval Philos

PHYSICS

*College Physics I
*College Physics I Lab
General Physics I Problem Solving

POLITICAL SCIENCE

*Intro to American Government
*Intro to Political Science

PSYCHOLOGY

*Introduction to Psychology
*Lifespan Development

QUANTITATIVE SKILLS

*College Algebra for Calculus
*Trigonometry
Elementary Algebra
Essential Mathematics
Prealgebra

REFRIGERATION & HEATING

Refrig & AC I
Elec Circuit Refrig & Heat
Fundamentals of Heating
HVAC/R Codes

SOCIOLOGY

*Introduction to Sociology

THEATER

*Theatre Appreciation

UNIVERSITY STUDIES

Strategies for College Success

VETERINARY ASSISTING

Intro to Veterinary Profession
Veterinary Office Procedures
Introduction to Small Animals
Veterinary Assistant Practicum

WRITING

Writing & Reading Strategies
Intro to College Writing
*Writing Across Contexts
*Writing & the Professions
*Writing & the Sciences

This list is subject to change.

**Indicates class meets
GER requirements*

What can I do over the summer to make sure my Fall financial aid runs smoothly?

1. **Fill out** your Free Application for Federal Student Aid (FAFSA) . There are two applications currently available, so make sure to fill out the 2021-2022 FAFSA for the upcoming academic year starting the Fall 2021 semester.
2. **Follow up** on your FAFSA and check to see if you have been selected for verification. 1 in 3 FAFSA filers are selected for verification. Procrastinating or not completing the verification process can delay financial aid payments.
3. **Research scholarships** you are interested in applying for and take note of the requirements and application submission deadlines.
4. **Fine tune** your statements of financial need and/or scholarship essay questions during this downtime so you don't have to divert time from your studies during the busier parts of the year.
5. **Mark the date** of the 2022-2023 FAFSA and University of Alaska Foundation scholarship applications opening, October 1st. When they become available, don't forget to fill both applications out!

MONEY FOR COLLEGE

Scholarships for education in health and human services are now available for Mat-Su residents.

APPLY BEFORE MARCH 31

healthymatsu.org



MAT-SU HEALTH
FOUNDATION



Bucket List *continued from page 1*

from operating. Alaskans didn't get the full array of Alaskan events and experiences. This summer, conditions will be a balance between last summer and a typical tourist-devoted summer. We'll have some tourists enjoying the Alaskan summer alongside us. We'll also have an open state full of events and thriving businesses on a diet of tourist flow and local support. So, what are we going to do to take advantage of this opportunity?

The Alaska State Fair, the Bear Paw Festival, and the Midnight Sun Festival are significant, anticipated events this summer. There are also many activities to explore. The Alaska Railroad is a fun way to travel between Anchorage and other regions of Alaska. There are many opportunities to kayak on a secluded lake, relax in a sleepy river, or ride the whitewaters of Alaska. Travel by bush plane is the best way to explore the 80% of Alaska that's off the road system. We also can't forget the rugged summer experiences that remind us of who we are. We can't forget that summer is the time for hiking, camping, berry picking, fishing,

and hunting.

Locations

There are many locations in Alaska worth visiting for so many reasons. The communities are chock full of great people; each town and village offer a unique manifestation of what it means to be Alaskan. And there are many adventures generally overcrowded with tourists in a typical tourist season.

Talkeetna offers an array of bush plane tours (may sound touristy but have you or your "Alaskan" kids ever been on one?), boat rides, tours of local historical Athabaskan camps, restaurants, and Nagley's store, which sells yummy ice cream, with many other offers as well.

Fairbanks has weeks of sunlight, rich flora and fauna, and offers sites like the Museum of the North. The drive to Fairbanks gives you the chance to see Denali and the sleepy towns along the way.

Whittier is famous for the mile-long tunnel that transports you into the town that's nestled between towering mountains, a glacier, and Prince William Sound.

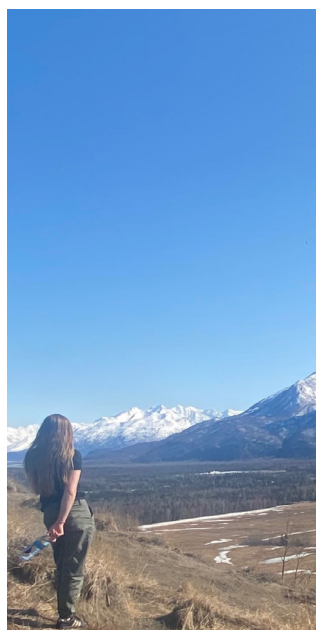
Whittier can be an easy day trip. There are many fishing opportunities, cozy shops, day cruises, and information about the historical WW2 military stationing.

Homer has an accessible beach, has tons of food places to check out, offers interesting museums, and is full of experiences that cater to the adventurous spirit. They also have playgrounds, an established hospital bigger than most out-of-the-way areas in Alaska, and beautiful scenery teeming with wildlife. They also have cabins so desired that people must book them months in advance.

Seward is a cozy fishing town known for its paved

path that runs from the park and sea's edge to the compact city of little shops and delicious restaurants and cafes. They provide day cruises and opportunities to fish. Many Alaskans already have the annual SeaLife Center pass which is the perfect excuse to visit. Seward attracts thousands of people annually for Mount Marathon. This summer would be a chance to experience it at lower population levels.

Some other towns to consider checking out before Alaska becomes a world-class tourist hub again, are Nome, Valdez, Kodiak, Sitka, Ketchikan, Haines, and Juneau.



Llewelyn Sundberg
Photograph by Mayrhi Sundberg



Break Up
by Mayrhi Sundberg



Knik River by Mayrhi Sundberg

Grow Something

By Rachel Goodall

The first day of spring was March 20th. With all the light, I am inspired to grow something! You can too. Choose a vegetable or flower you like. I choose the sunflower. It is hardy and grows large and beautiful.

It is not rocket science to grow something; nature really does all the work. Take your seed and a small pot, fill the pot 3/4 full of dirt, put the seed on the dirt, cover it up

with some dirt filling the pot about 1/2 inch from the top, water it, talk to it and surely it will sprout. As it becomes larger you can transplant it into a larger pot. Read up on your plant and find out when it is ready to harvest or to enjoy the flower that will bloom. Take photos of your plant share with others what you are growing. A miracle takes place with something so simple. You will be in awe of your harvest!





Congratulations to our 2021 graduates!

This list is current as of April 15, 2021. It represents students who graduated in fall 2020, spring 2021, and summer 2021.

ASSOCIATE OF APPLIED SCIENCE

ACCOUNTING

Jennifer Carlson

Kali Conrad

Amber Hansen

Janelle Liermann

Tatyana Radu

Engen Sundberg

Anastasia Vdovichenko

COMPUTER SYSTEMS AND NETWORK TECHNOLOGY

Stephen St. Clair

COMPUTER SYSTEMS TECHNOLOGY

Miles Laughlin

Todd McCaw

Caleb Monson

Arin Tampke

Ellis Tomaganuk

Allen Wake

GENERAL BUSINESS

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Krisgerlene Heckel

Tyler Moss

Zachary Pfeiffer

Gregory Swanson

Richelle Wagle

HUMAN SERVICES

Kiela Cott

Angel Libby

Gracie Minnick-
Whaley

Rio Morgan Patrimo-
nio Raval

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John Hubbard

Josey Shaw

Jessica St Laurent

REFRIGERATION AND HEATING

James Paul III

SMALL BUSINESS ADMINISTRATION

Derrick Myree

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ARTS**

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Linsey Cullen
Carter Debach
Jessica Foisy
Charlotte Forrest
Rebecca Giedosh-
Ruge
Dawn Gonzalez
Casandra Gulsvig
Tyrel Henkel
Brenda Holbrook
Tracia Howell-West
Stephen Hunter
Brandi Kinney
Devon Lillard
Leona McSpaden
Camille Miller
Axyle Nardini
Roland Olayvar

Taylon Ottinger
Alexandrea Otto
Alexander Page
Miranda Rinkevage
Cameron Rosen
Jonathon Royce
Kailee Rubright
Mykhailo Sazhniev
Barbara Sikvayugak
Charity Sisco
Lori Syverson
Caleb Weber
Destiny Wells
Chayna Welsh
Johnathan Wilson
Victoria Winn
Yumeko Ziegler
Alexandra Zivotic
CERTIFICATE
**REFRIGERATION
AND HEATING**
Bernard Corpus
Levi Ward

**OCCUPATIONAL
ENDORSEMENT
CERTIFICATES**

**CISCO CERTIFIED
NETWORK
ASSOCIATE**

Joseph Stull
Arin Tampke

**COMMERCIAL
REFRIGERATION
SYSTEMS**

Josh Angerstein
Gunner Armstrong

**VETERINARY
ASSISTING**

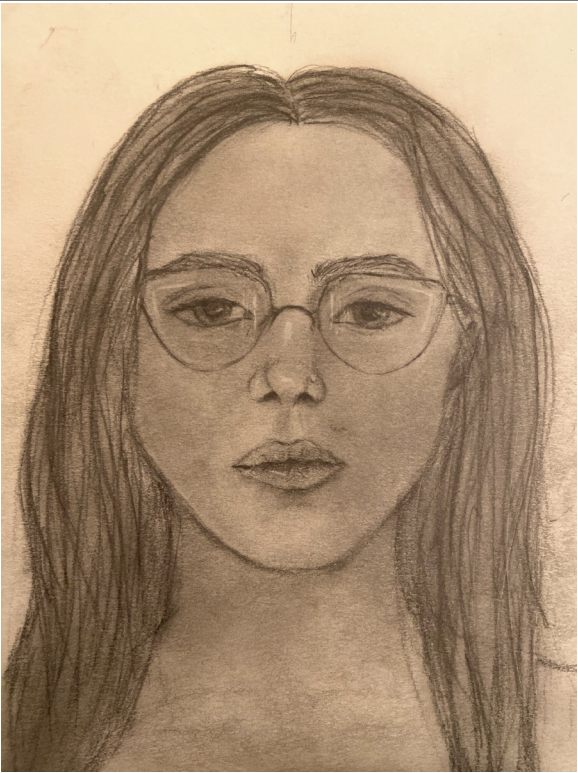
Andrealaine Bowen
Debra Brown
Selena Gonzalez
Hannah Hammonds
Celeste Kent
Holland Lampley
Samantha Pascar
Lindsey Pelzer
Alexandera Raynal
Steven Schuler
Hannah Weber
Kimberly Werschey



Self-portrait by Aiden Barnett



Still Life Final by Megan Ostlind



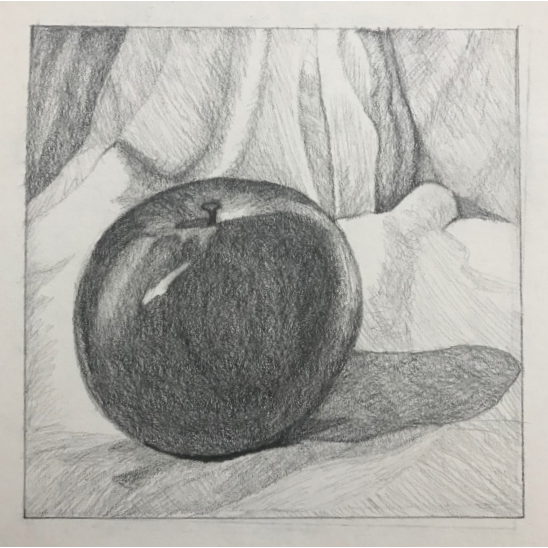
Artwork by Amelia Joyce



Arachnid - Assemblage by Reuben Feaster



Artwork by Maribella McGovern



Artwork by Skye Hulk



Artwork by Emily Provo



Assemblage by Tyrel Marquis



Artwork by Carlee Merriner

Mat-Su College: Gateway to 30 Miles of Trails

by Dave Smith

Maybe you are like me--sickly, overweight, pale, arthritic, and all that at only 19. Maybe you are the hyperfit Adonis that I will eventually fad diet myself into. Or maybe you just want a nice walk. In any case, know that Mat-Su College has two trailheads to the Matanuska Greenbelt trail system. They are your gateways to more than 30 miles of trails. They are perfect for an all day excursion or for a quick stretch between classes.

The Matanuska Greenbelt is made up of much of the land between Trunk Road in the west, the Glenn Highway in the south and east, and the Palmer-Wasilla Highway in the north. That is a big space. In fact, the Greenbelt is described as “the largest uninterrupted public space in the core of the Mat-Su Valley. ... The trails of the Greenbelt are some of the only non-mountain, non-motorized pathways in the area, and are popular with dog walkers, mountain bikers, geocachers, cross-country skiers, runners, and equestrians.”

What should you expect from these 30 miles of trails? Possibly moose. Probably

mosquitoes. Sometimes other



people (they’re the worst). Snow or mud depending on the season. But also this: many interesting things to gaze upon. There is Okeson Pond, where I once saw a mysterious underwater creature I dubbed “Okie.” There is the intriguingly-named Old

Cat Trail. There are grassy plains which overlook Matanuska Lake and offer a fine view of Pioneer Peak. There is a steep hill that did irreparable damage to my knees. There are narrow, curvy bike paths deep in the woods and there are wide-open fields. There are frogs, eagles, foxes, possibly bears, and at least one Okie (see above). In short, the trails offer great variety.

Back to why this is appearing in the *Monitor*: the on-campus trailheads. One is right next to the Glenn Massay Theater. The other is next to the portables buildings behind Snodgrass Hall. Parking is free and plentiful.

That comes with a downside. Trailhead since there is a large



Students and guests must watch the time. The gates to and from campus close once classes are over. That’s 10 PM on weekdays during fall and spring semesters. On weekends and during the summer, who knows, and that’s where it’s dangerous. You do not want your car locked in. Unless your car is much better than mine -- and I have a sleek Geo Metro Convertible, so I doubt it -- you will not be able to ram through the gates. The extra-cautious can park their cars in front of the gates. This is especially practicable for the Glenn Massay

gravel lot right off of trunk road, near the water tower. Just park there and walk up the sidewalk to the theater trailhead.

Given the size of the Greenbelt, there are naturally other trailheads. The Kin-Win Trailhead just north of the hospital and the UAF Experimental Farm is open all hours and is free. Southern trailheads at Matanuska Lake and Long Lake charge for parking but offer quick access to some of the best scenery and

See TRAILS page 11

MAKE A POSITIVE IMPACT IN YOUR COMMUNITY

Play an important role on the Mat-Su College Campus. Being on a committee can help to enhance your career, give you a chance to give back to your community, and give you the opportunity to challenge yourself by helping to shape your society.

Current Mat-Su College Committees open to the student body:

Board of Elections	Rules Committee
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Constitution Committee	Planning Committee
Dance Committee	Finance Committee
Health and Wellness	Committee

Or join one of the student clubs. Clubs are a great place to meet like minded people, have fun, learn new things and relax. Many clubs are on pause during COVID-19, but some are still active, including the Mat-Su Monitor, the LGBTQ+ Club, and possibly others. See the college website for the latest details or email matsu.monitor@alaska.edu Joining a committee or club looks good on resumes as well as gives you a chance to connect with fellow students, staff and faculty.

You owe it to yourself to try them out.

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Persona 5 Strikers You’ll never see it coming...

By Arin Tampke

Altus is a master of weird spinoffs. In the past, the developer has revamped its RPG series Persona as dungeon crawlers, brawlers, and rhythm games. Heroes have bounded through space and time for fanfiction-worthy team-ups, all in service of giving players a reason to see their favorite characters again. Persona 5 Strikers goes one step further, turning an action-heavy adventure into a road trip that feels right at home with the original game.

Persona 5 Strikers is a direct sequel to Persona 5, set months after the Phantom Thieves hung up their masks. The gang reunites for a long-overdue vacation, only to have it interrupted by the appear-

ance of Jails — warped versions of reality where one person rules, not unlike the Palaces they encountered in the original game. To solve the mystery of these jails, the Phantom Thieves get an RV and take their investigation across Japan.

Strikers is an action-RPG take on the game in the vein of Omega Force’s other spinoffs of popular series, like Hyrule Warriors. It trades in the careful turn-based strategy of the original for button-mashing through mobs. Players are no longer confined to controlling only the game’s hero, Joker, and can swap between party members like Makoto or Ann at will. In addition to elemental abili-

ties specific to their personas, like nuclear or wind attacks, each has special physical attacks to help you through battle. Characters I barely used in the original Persona 5, like Ryuji, became my go-to for mobs I wanted to melee; I rarely needed Morgana’s magic but loved his ability to turn into a car and mow down shadows.

Despite being able to swap between characters, the game’s mash-heavy gameplay can become monotonous at times. On a good streak, I would string together combos, pile on follow-up and all-out attacks, and zap enemies with magic attacks — but mostly, I just spent a lot of time frantically hitting buttons. The amount

happening on-screen can sometimes be dizzying if not tough to follow, between characters talking during battle and zipping around a screen smashing enemies in the face.

Persona 5 Strikers doesn’t offer as robust an experience as the original game — there are no personality traits to improve, and relationships are distilled down to a single “Bond” metric that applies to your entire team — but it offers a solid array of ways to break up your playtime. New cities mean side quests, shops to visit, and recipes to find for you to cook with; party members often want to visit special restaurants and attractions. The constraints of a deadline

are gone as well. You can pop in and out of jails as often as you wish to go hang with your friends.

The experience feels like a streamlined version of Persona, the video game equivalent of a summer vacation. It’s a way to spend extra time with a world I fell in love with over the course of dozens of hours, and a welcome expansion to the game’s mythos. Where Persona 5’s Palaces were desires pushed to their extreme and corrupted, Jails revolve around trauma. To defeat the monarchs of each jail, you’ll need to first uncover and understand the pain that birthed them.

See STRIKERS page 11



Welcome to Ask Sophia, the Mat-Su Monitor’s regular advice column. If you have a question you’d like to see answered, submit it anonymously at <https://matsu.alaska.edu/monitor> or in the Ask Sophia box in the FSM front lobby.

Q. Dear Sophia: Help! I have to pull late hours to do my home-work, but I’m so tired and unmotivated! What study techniques do you recommend?

A. Dear Friend: #1 tip - Less interruptions, more structure! Here are a few ideas that work for me:

Set a scheduled time for school work and stick to it.

Eat before you start so you aren’t thinking about food while your working.

Have plenty of water on hand so you don’t need to interrupt your work time.

Turn off you phone to lessen interruptions

Get plenty of sleep. Cat naps can do wonders

Q. Dear Sophia: Can students study on campus? What hours are available for college students who need to come in and work in a productive environment?

A. Dear Friend: The college is open weekdays from 8 am to 10 pm for college students, staff and faculty. The Library is a great place to crack the books. Library hours are 8:30 am to 10 pm Monday thru Thursday and 8:30 am to 5 pm on Friday. They have carrels, headphones, DSS support systems, and top notch staff to help answer your questions.

Q. Dear Sophia: My name is Teddy and I am a corgi. I was wondering if there were any fun dog parks or dog friendly areas in the valley that I could go with my human? Due to covid we haven’t been going places together and I wanna explore fun places! Thank you! Teddy the corgi.

A. Dear Friend: Love to know your owner is willing to take you on adventures. The Kepler-Bradley Lakes State Recreation Area is dog friendly. Pets are welcome at all state parks and campgrounds. Leashes and owners are required. Bring plenty of water and clean-up bags. We want it to stay nice for everyone.

Q. Dear Sophia: I have a personal favor to ask you. You know how to be cool, right? Well... I plan on having a really fun summer and staying up all night (well ‘day’ cuz it’s light all the time) with my friends. If I get in trouble for not being home at a certain hour, can I use you as an excuse? Sincerely, (totally) not the person whose parents are going to track you down this summer

A. Dear Friend: I am uber cool. My futures so bright I gotta wear shades!! I would totally be your back up for any fun times you got planned. Count me in. I got your back. I study hard and play harder. I will totally vouch for you, although your parents may not believe a dragon.

SUDOKU

Fill the grid with numbers so that each row, column and 3 x 3 section contains all of the digits 1 through 9.

		2		1	5		7	8
1	8			6	3	4		
		4		2		5	6	1
	9	6			7		3	
	1		3		6			5
		3	2		4		9	6
	4							
6	4	9	8	3		2	7	

Dr. Graham *continued from page 2*

All proceeds that are made by these events are given back to the community. Another thing she does is “Bring your kids to college day” where they bring elementary school kids to college. Dr. Graham also loves to volunteer. One of the places she loves to volunteer at is a thrift store located in Wasilla called Turn a Leaf. Last but not least, she volunteers for a local dentist in town at Dental Innovations. There she has helped with the language on patents that are now global patents. She says answering the phones and talking to people has given her amazing opportunities. One of her favorite parts is feeling like she is giving her time and energy back into the community. She really values the spirit of giving.

Dr. Graham has done so much for community and for herself, so I asked her what kind of barriers she has had being a woman. In her past, she says she has had some barriers, like being denied a graduate program, which she was fully qualified for, only because she was married and had kids. She has also worked in a construction company where females were expendable and women

were expected to “know their role.” If they didn’t, they were fired. She is very grateful to be living in this day and age because she would not have been able to accomplish all that she has only 100 years ago when women were considered property. She has great hope for women in our future, but we still have a long way to go.

I asked her what her biggest obstacles were. She said when someone tells her she can’t, her reaction is usually “okay, watch me”. She has a very can-do attitude and when she was denied the graduate program, she decided to switch her major because she didn’t want to be in a program where she isn’t valued only because she has a family. One of the biggest obstacles she has at the University is the lack of funding because it implies that education isn’t important. She chose her job because she is passionate for it, not for the money, but there were a lot of things she wanted to do but was held back financially. Academia requires a lot of out of pockets costs and when education is shown as not important it really sends a message worldwide. She really hopes education becomes considered more important.

Something Dr. Graham is working on is writing a book. Her book will be a guidebook to being successful in math class. It will talk about understanding how memory works and if you follow the program you will see results

My last question for Dr. Graham was “How do you think women could be more empowered”? She replied by saying “Quit making it about women”. Gender should not matter. What does matter is integrity, someone’s hard work, merit, or someone’s credentials, etc. Decisions shouldn’t be based on gender at all. She strongly believes in treating everybody fairly no matter what their gender is. She strives for a friendly and respectful environment in all her classes no matter who you are or what you identify as.

I had a wonderful time speaking with Dr. Graham and learning about her and all of the things she does for her community. I also was very glad to hear her personal opinions on the topics we discussed. If you ever have any questions regarding math or maybe even questions on how you can help your community, you can find her on the Math Faculty at Matsu College.

CAN YOU SOLVE IT?

Answer: 40

- if 32 + 81 = 41
- 82 + 41 = 42
- 42 + 91 = 43
- 72 + 31 = ?

L I N K E D I N E N I L R W G
H A P P A S T A H W A E Y E T
V K N A B O F A C E B O O K U
T S E R E T N I P I T C U A T
R L B M U T T F V W I R T H E
F L I P B O A R D T D I U S K
T O B E B M J I I T D S B D C
W M Y S P A C E D I E N E N O
I N E Z Y R S N V I R A L A P
T S E E R G E D X I S P G H G
T G S E T A M S S A L C O A O
E O R K U T L T E T I H O T L
R E G N E S S E M O A A G R B
T E Q Z O N E R R B M T Q Q D
O P E N D I A R Y W E C H A T

Circle the words from the list below. Place the left-over letters in the spaces for a special message!

- | | | | |
|------------|--------------|-------------|----------|
| BEBO | GEO CITIES | OPEN DIARY | SNAPCHAT |
| BLOG | GOOGLE | ORKUT | TUMBLR |
| BOT | HANDSHAKE | PINTEREST | TWITTER |
| CLASSMATES | INSTAGRAM | POCKET | VIBER |
| DISCORD | LINE | QQ | VK |
| EMAIL | LINKED IN | QZONE | WECHAT |
| FACEBOOK | LIVE JOURNAL | REDDIT | WHATSAPP |
| FLIPBOARD | MESSANGER | RYZE | YOUTUBE |
| FRIENDSTER | MY SPACE | SIX DEGREES | |

You are in a room that has three switches and a closed door. The switches control three light bulbs on the other side of the door. Once you open the door, you may never touch the switches again. How can you definitively tell which switch is connected to each of the light bulbs?

Answer: Turn on the first two switches. Leave them on for five minutes. Once five minutes has passed, turn off the second switch, leaving one switch on. Now go through the door. The light that is still on is connected to the first switch. Whichever of the other two is warm to the touch is connected to the second switch. The bulb that is cold is connected to the switch that was never turned on.

A pun, a play on words, and a limerick walk into a bar. No joke.

The past and the present walked into a bar. It was tense.

Two silk worms had a race. They ended up in a tie.



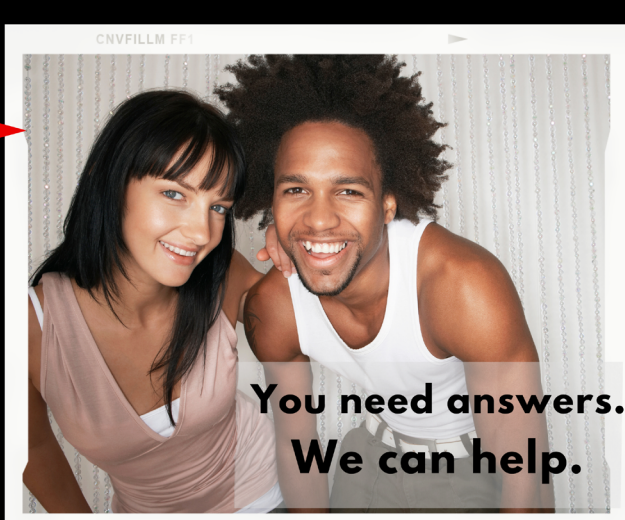
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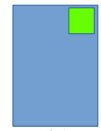
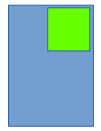
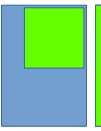



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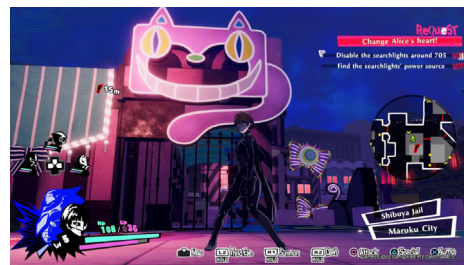
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Strikers continued from page 9

It's a welcome change, a turn that makes people's cruelty more interesting. *Persona 5*'s examinations of people at their darkest sometimes ran up against the cartoonish villainy of it all. The rulers you faced were so exaggeratedly evil that taking them down needed no justification. But *Strikers* offers a more complex alternative: that hurt people hurt people. The monarchs have manipulated and deceived, yet they're still a path for them to learn and grow from their mistakes.

As a sequel, *Persona 5 Strikers* doesn't offer much in the way of big revelations — but it doesn't have to. Like the series' many other spinoffs, the allure is the opportunity to play in their world a little longer. Clearing a jail is fun, but it still can't compare to a night out with your friends.

Persona 5 Strikers is available on Nintendo Switch, PC, and PlayStation 4.



Trails continued from page 9

also fishing spots. In the north, the Crevasse-Moraine Trailhead also has fees, though at least it's very close to Palmer. Choose

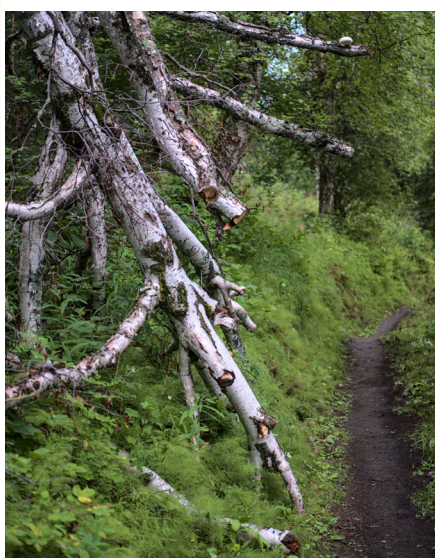
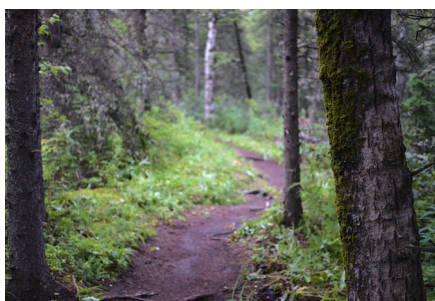
whichever trailhead is convenient for you. Or try every trailhead, as this is an easy way to see most of the trail system without having to walk great distances. (People with limited mobility may wish to

start from the Kin-Win trailhead as this leads to the flattest and most accessible portions.)

Enjoy the trails while you can. Every year the trail system loses

land. The UAF Experimental Farm blocked off the trails closest to its buildings (thanks, thieves). The borough landfill expanded and fenced off some nice cross country skiing trails in the north

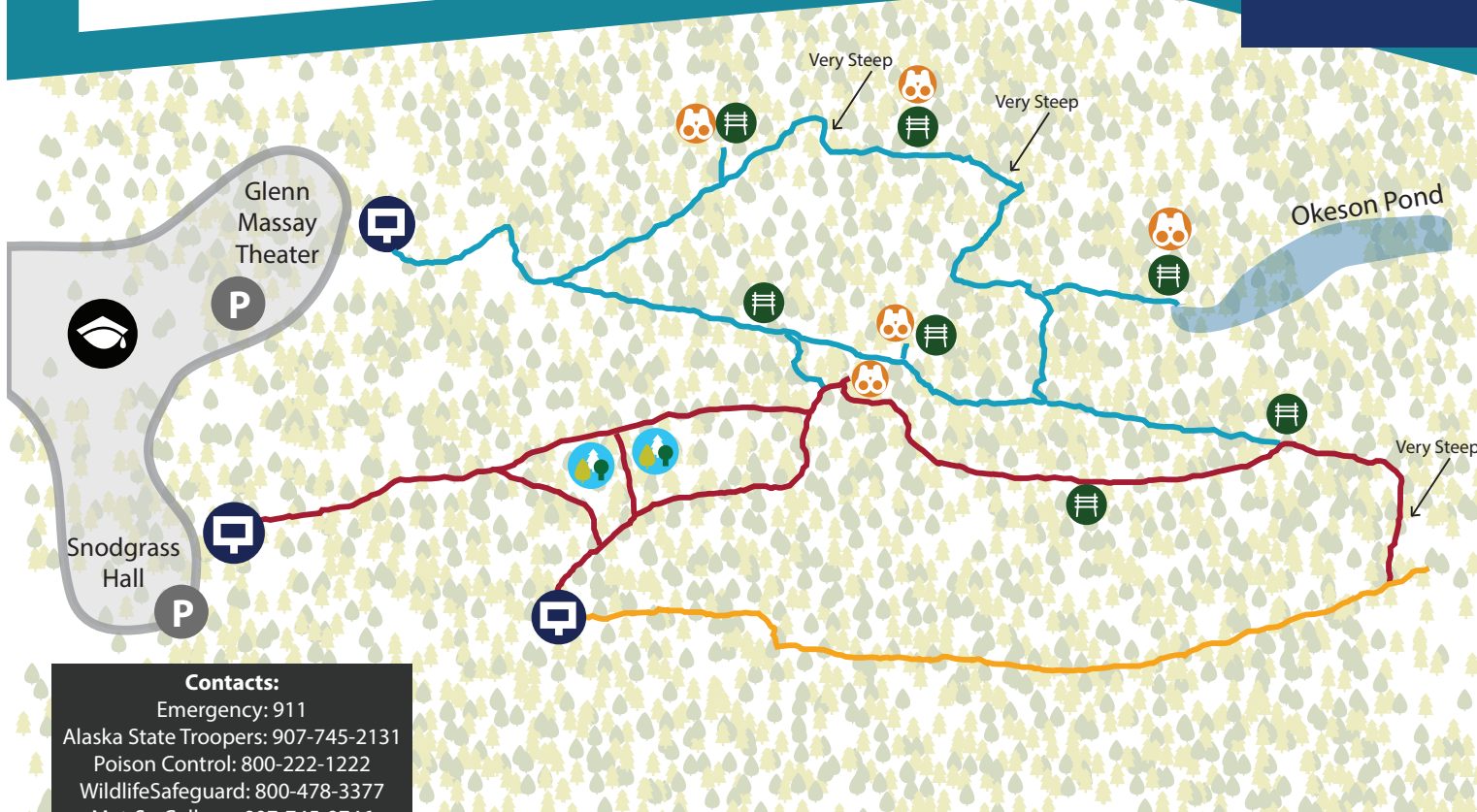
(thanks, consumers). And now UAF is considering turning some of the land it owns into a gravel pit (thanks, austerity budget and capitalism's relentless drive to commodify everything).



UAA Matanuska-Susitna College Nature Trails

- Hilly Loop
- Arboretum Loop
- College Connector

- Trailhead
- Arboretum
- College
- Benches
- Observation Point
- Parking



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**This is only a small section of a much larger trail system.
**Visit www.matanuska-greenbelt.org for more trails.

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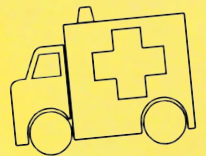
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